

## Primary II Snack List

Pick any snack from this list to bring in for the entire class. Feel free to mix and match! We have 22 children.

### Protein:

Chicken  
Ham  
Turkey  
Roast Beef  
Yogurt  
Eggs  
Bacon  
Tuna  
Salami  
Pepperoni  
Summer Sausage

### Veggies:

Brussels sprouts  
Kale  
Spinach  
Broccoli  
Asparagus  
Tomatoes  
Squash  
Green Beans  
Cauliflower  
Snow Peas  
Lettuce  
Mushrooms  
Peppers  
Carrots  
Cucumbers  
Celery  
Sugar Snap Peas

### Fruits:

Raspberries  
Blackberries  
Blueberries  
Strawberries  
Watermelon  
Cantaloupe  
Oranges  
Tangerines  
Apples  
Grapefruit  
Grapes  
Kiwi  
Mango  
Pears  
Bananas  
Pineapple  
Pomegranate

### Starch:

Sweet Potato  
Quinoa  
Beans (Kidney, Black, Garbanzo)  
Edamame  
Peas  
Brown Rice  
Corn  
Oatmeal  
Pita  
Croissants

### Healthy Fats:

Avocado  
Cheese  
Sunflower Butter  
Hummus

### Seeds:

Sunflower Seeds  
Pumpkin Seeds  
Olives

### Fun Combos!

Fruit Kabobs

Carrots and Hummus

Red beans and rice

Turkey and Cheese Roll ups

Pita Bread and Hummus

Clementine's and Celery

Ham and Cantaloupe

Pita Bread and Turkey

Olives and Cheese sticks

Sunflower Butter and Celery

Tomatoes and Mozzarella

Bananas and Sunflower butter

Summer Sausage and Cheese cubes

Pepperoni and Cheese

Strawberries and Lettuce

Grapes and Cheese Sticks

Croissants and Honey

Cucumbers and Hummus

Yogurt and Blueberries